



Christian Voices for Life

P.O. Box 18882, Sugar Land, TX 77496

www.ChristianVoicesForLife.org

Dear Doctor:

I am confident that you care about your patients and want to allow them informed consent, but I also realize that your busy schedule may make that difficult. I would like to make sure you are aware of several facts important for your patients using contraception or considering abortion, and offer free or low-cost resources to make it easier to pass on that information to your patients.

Informed consent for contraceptive pills or patches:

- **Hormones, especially with long term use, increases her risk of breast cancer as well as blood clots and heart attacks (1,2)**
- In addition, **contraceptive use may increase the risk of contracting a sexually transmitted disease.** (3) Single patients need to be warned of the general danger of STDs, and encouraged to consider abstinence as a healthy and realistic choice.
- While the mechanism of action of the hormones is primarily to prevent conception, **conception can take place, and the newly conceived child may be prevented from implanting in the uterus.** (4) If you have not been aware of this action of birth control pills, it is probably because the manufacturers are not anxious for it to be known.

One reader who learned of the abortifacient method of birth control commented:

*I've literally been crying for an hour after reading this. **The thought that there is a possibility that I may have killed my own child rips me apart.** ... I am now going off the pill.* (5)

- **There is a very safe alternative** to hormonal contraception and IUDs: **Fertility Awareness or Natural Family Planning (NFP). NFP is an effective, scientifically based method** that allows avoidance of pregnancy without chemicals or side effects. (6) One study found a **user effectiveness rate of 98.2%** (7). Unfortunately, **there is little commercial motive to promote it,** and in the interest of the drug companies to downplay its effectiveness.

Please – allow your patients to have informed consent by telling them what they need to know about contraception and its alternatives. Such a brochure is available at <http://onemoresoul.com/catalog/what-a-woman-should-know-about-birth-control-p409.html>. A pamphlet about NFP is available at <http://onemoresoul.com/catalog/what-is-natural-family-planning-p304.html>

Please keep in mind that **artificial contraception does not treat a disease or disorder, but rather disrupts the natural functioning of a healthy reproductive system.**

Some doctors have even stopped prescribing artificial contraception because they believe it to be so harmful to their patients. A brochure explaining to patients why that decision was made is available at <http://onemoresoul.com/catalog/what-about-birth-control-p408.html>.

What about informed consent for abortion?

If a pregnant client asks about abortion, do you feel obligated to refer her to an abortion provider? Please consider that **many women “choose” abortion only because they feel they have NO other choice.** What she really needs is information about ALL her alternatives. **It is well documented that abortion harms the mother as well as the child. (8, 9)** Millions of women suffer in silence with guilt and depression as well as suffering from loss of fertility or other physical harm. **Don't women deserve better help with a problem pregnancy than permission to kill their own child?**

*“Every woman—whatever her age, background or sexuality—has a trauma at destroying a pregnancy. ... **When she destroys a pregnancy, she is destroying herself. There is no way it can be innocuous. ... I know that as a psychiatrist.**”*

- Dr. Julius Fogel, psychiatrist and abortionist (10)

In the case of the diagnosis of a handicapped child, the parent needs to be informed about the experience of families with such children, and the support available for them. Many families see their Downs Syndrome children as special blessings.

Pregnancy help centers give **accurate information about abortion and its risks AND information about alternative solutions** to whatever problems they are facing. **Clients are still free to make their own decision.** Pregnancy centers are non-profit, and charge nothing for their services. Their advertising budgets are limited, and many women simply do not know they exist. **The simplest way for you to refer is to refer them to Option Line, a 24/7 hotline** where they can talk to someone immediately and then be referred to the nearest center. Christian Voices for Life would be happy to provide you with **business cards with the Option Line number and web site.** The web site www.pregnanttoday.com shows all the pregnancy centers in the Houston area, and has links to their sites.

Abortion Pill Reversal:

Sometimes a woman takes the abortion pill, RU486, and then changes her mind. I want to be sure that you are aware that **the effect of the abortion pill CAN BE REVERSED.** See www.abortionpillreversal.com. The procedure is basically to provide progesterone, the hormone that is blocked by RU486. It is best to begin treatment as soon as possible, within 72 hours of taking the abortion pill.

Please consider these questions and do your best to provide your patients with truly informed consent. Please send comments or questions to Marie@ChristianVoicesforLife.org.

Sincerely,



Marie McCoy
Executive Director, Christian Voices for Life of Fort Bend County

See next page for references.

Abortion clinics are in the business of selling abortions. If you had a friend who was trying to decide whether or not to buy a car, would you send him to a car salesman? Please, refer your clients who ask about abortion to a pregnancy help center.

References:

1. C. Kahlenborn et al., "Oral contraceptive use as a risk factor for premenopausal breast cancer: a meta-analysis," *Mayo Clinic Proceedings* 81:10 (2006): 1290-1302; C. Li et al., "Effect of Depo-medroxyprogesterone Acetate on Breast Cancer Risk among Women 20-44 years of age," *Cancer Research* 72:8 (2012): 2028-2035.
2. Incidence of Breast Cancer With Distant Involvement Among Women in the United States, 1976 to 2009. Published in the February 27, 2013 issue of the *Journal of the American Medical Association* (Vol. 309, No. 8). First author: Rebecca H. Johnson, MD, Seattle Children's Hospital, University of Washington, Seattle.
3. See, e.g., R. Heffron et al., "Use of Hormonal Contraceptives and Risk of HIV-1 Transmission: A Prospective Cohort Study," *Lancet Infectious Diseases* 12:1 (2012):19-26
4. Larimore WL, Stanford JB. Postfertilization effects of oral contraceptives and their relationship to informed consent. *Arch Fam Med.* 2000; 9:126–133.
5. From <http://www.epm.org/resources/2010/Feb/17/short-condensation-does-birth-control-pill-cause-a/>
6. Ryder RE. "Natural Family Planning": Effective birth control supported by the Catholic Church. *BMJ.* 1993;307:723-726.
7. P. Frank-Hermann, J.Heil, C. Gnoth, et al. "The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple's sexual behaviour during the fertile time: a prospective longitudinal study," *Human Reproduction*, 2007, 1-10
8. See CVL information sheet, "Abortion Risks and Consequences", available at http://www.christianvoicesforlife.org/documents/2015/1/Abortion_Risks_and_Consequences.pdf
9. Post abortion testimonies : <http://silentnomoreawareness.org/testimonies/index.aspx>
10. From an interview with columnist Colman McCarthy, "A Psychological View of Abortion," *St. Paul Sunday Pioneer Press*, March 7, 1971. Dr. Fogel reiterated the same view in a subsequent interview with McCarthy, "The Real Anguish of Abortions" *The Washington Post*, Feb. 5, 1989.